

School Meals for all CT Testimony

February 7, 2023

Committee on Children

SB 929, An Act Expanding School Meal Programs to Provide Free School Meals to All Students

Senator Maher, Representative Linehan and members of the Committee on Children, my name is [your name here] and I [represent an organization, am the parent of a student, am a student, etc] and I am here today to speak on SB 929 An Act Expanding School Meal Programs to Provide Free School Meals to All Students.

I support this legislation because, as a Registered Dietitian for more than 25 years and as a mother of four children, I believe in the importance of sound nutrition to the health of the individual. Children's minds, bodies and spirits thrive when they have access to healthful breakfast and lunch on a daily basis.

- Hungry kids can't learn.
- School meals for all ensure students can get a nutritional meal every day - it's good for their physical and mental health.
- Helps families who have increased cost of food.
- Parents feel confident their child is eating.
- Less stress at home.
- Studies show that when schools serve no-cost meals for all, there is less absenteeism, more focus, and students feel safer in the cafeteria.
- Fed kids are ready to learn, and without school meals, any funds put into education won't go as far.
- We need to take care of our learners!
- It's important to our kids and our farmers that they get to know each other through a strong farm-to-school program.

I urge you to pass legislation to feed our kids in school. They need it and we need it.

Thank you.

Sara Labrecque, RD, CD-N